

Facts About Crypto

- “Crypto” is short for cryptosporidiosis.
- Cryptosporidiosis - is a diarrheal disease caused by microscopic parasites.
- Crypto is found in the feces of an infected person.
- Anything that comes in contact with contaminated feces can easily become a mechanism for spreading the disease.
- Up to 1,000,000,000 (1-billion) crypto germs can be released in a single diarrheal release.
- As few as 10 crypto germs can make a person sick.
- Symptoms (watery diarrhea) usually last for 1-2 weeks.
- Young children are at increased risk for getting crypto because they often put objects into their mouths and do not regularly wash their hands.
- Young children infected with crypto are at risk for severe dehydration and weight loss.

For More Information

Contact

The Utah Department of Health
Bureau of Epidemiology
(801) 538-6191
<http://health.utah.gov/epi/>

or

Your Local Health Department
<http://health.utah.gov/lhd/>



Keep Your Daycare Healthy



Prevent Cryptosporidiosis

Protecting Yourself, Your
Children, and Your Families

Keep it Clean

Disinfecting Against Crypto

Because crypto can be spread from contact with contaminated objects (examples: toys, objects, surfaces, etc.) it is important to properly disinfect.

Commonly used bleach solutions will not kill the crypto parasite.

Hydrogen peroxide or ammonia work best for disinfecting against crypto.

Hydrogen peroxide is a better choice in a daycare than ammonia.

Hydrogen peroxide can be found at any pharmacy or the pharmacy section of most grocery stores.

What to clean in a crypto outbreak:

- Toys (twice daily)
- Table tops (twice daily)
- High chairs (twice daily)
- Bathrooms (daily)
- Food preparation areas (daily)

Disinfecting procedure:

- Use a 3%-6% concentration of hydrogen peroxide solution and soak the contaminated surface for 20 minutes.
- Some toys can be cleaned in a commercial-style dishwasher. Cloth toys can be washed and dried in a clothes washer and dryer (use regular detergent).

Crypto in the Daycare Setting

The spread of cryptosporidiosis is highest among young children who are not toilet trained and their caregivers (those who change diapers).

Follow these practices for preventing the spread of crypto in a daycare:

- Exclude any child with diarrhea from the daycare until the diarrhea has stopped.
- Move caregivers sick with diarrhea to jobs that minimize risk for spreading the disease (example: administrative work vs. food prep)
- Alcohol based gels/sanitizers do not kill crypto
- Practice good hand washing:
 - Use warm water and soap
 - Rub hands together for 20 seconds (sing "Happy Birthday" twice)
 - Rinse hands well with running water
 - Dry hands with disposable towels or air-dryer
- Improve diaper changing practice:
 - Separate changing area from play, food prep, and eating areas
 - Use disposable gloves (dispose after each diaper change)
 - Use disposable paper over diaper changing surface (replace and dispose after each use)
 - Ensure that children's clothing completely covers diaper
- Terminate all water play or swimming activities if a crypto outbreak occurs at the daycare setting.
- Educate staff and parents about crypto (symptoms, how it is spread, control measures, and the daycare's policies regarding crypto).

